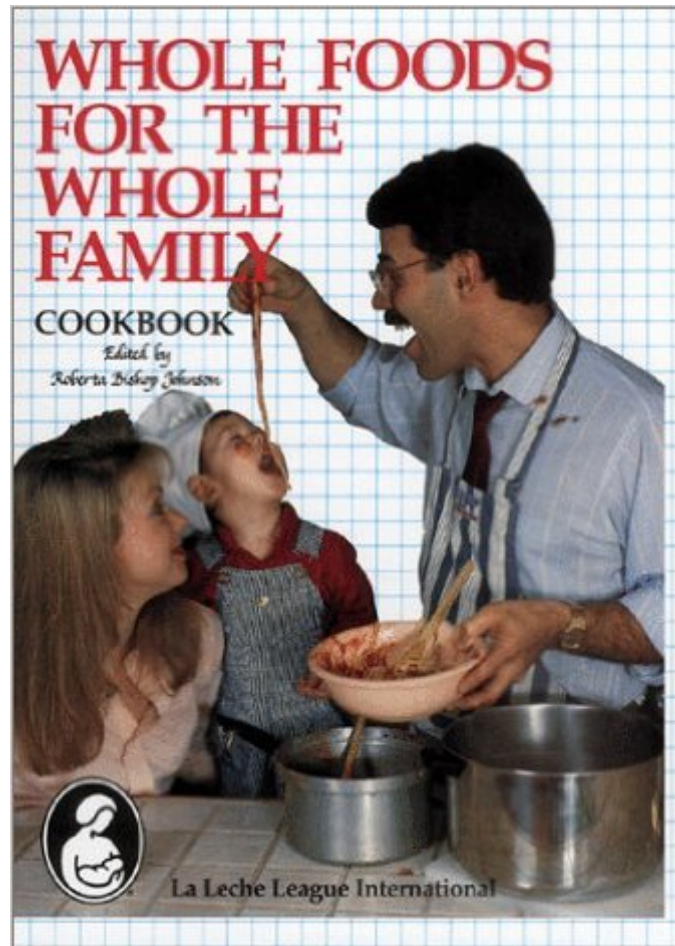


The book was found

Whole Foods For The Whole Family Cookbook



Synopsis

Book: Whole foods cookbook

Book Information

Plastic Comb: 302 pages

Publisher: La Leche League Intl; Spi edition (November 1993)

Language: English

ISBN-10: 0912500433

ISBN-13: 978-0912500430

Product Dimensions: 1 x 8 x 9.2 inches

Shipping Weight: 1.6 pounds

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (28 customer reviews)

Best Sellers Rank: #869,715 in Books (See Top 100 in Books) #193 in [Books > Cookbooks, Food & Wine > Special Diet > Whole Foods](#) #1544 in [Books > Cookbooks, Food & Wine > Cooking Education & Reference > Reference](#) #170409 in [Books > Textbooks](#)

Customer Reviews

I have done a LOT of research on the best eating plan and cookbook for our family: an elderly person with diabetes, a sixty-plus person with high cholesterol and an overweight person with hypoglycemia. I wanted an eating plan that emphasized natural, whole foods as opposed to processed and refined foods. Unfortunately, most of those types of cookbooks were for vegetarians or vegans. We believe that God created animal products for our nourishment as well as plant products, so we were not interested in becoming vegetarians or vegans. When I ran across this cookbook, I was thrilled. I had the original 1970's LaLeche League Cookbook and liked it, but it is out of date as far as our current nutritional knowledge goes. So I was glad to see that they had produced a newer cookbook. Pros: 1) Outstanding cover and binding! Every cookbook should be so well made. 2) Recipes from, and tested by, "real" people as opposed to fancy chefs or paid testers. 3) Whole foods, but not "weird" ingredients. 4) Nutrition information after each recipe so special diets can be followed if needed. 5) Divided by breakfast foods, lunches, snacks, breads, dinners, desserts, home-made versions of store bought products. 6) More than just a cookbook-many helpful comments. For example: "This is a great recipe for busy mothers. Assemble in the morning while you are getting breakfast." or "This goes well with poultry." 7) Offers many alternative ingredient choices. 8) Got two books for the price of one from LaLeche League. Whole Foods From the Whole World was included. Con: The last edition was in 1993. A new edition needs to be done to include the

latest information in nutrition.

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